

Psychological Capital of Individual 100 Meters Sprinters Performance

by Edy Mintarto

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16 October 2013
Dear Edy Mintarto,

We are pleased to inform you that your abstract, entitled **"PSYCHOLOGICAL CAPITAL OF INDIVIDUAL 100 METERS SPRINTERS' PERFORMANCE"** has been accepted for ORAL Presentation on the Internasional Sport Science STUDENTS Conference 2013 (ISSSC 2013), which will be held from 28 & 29 November 2013, at University of Malaya, Kuala Lumpur, Malaysia.

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Best Regards,

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PSYCHOLOGICAL CAPITAL OF INDIVIDUAL 100 METERS SPRINTERS' PERFORMANCE *

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ABSTRACT

The goal of this research is to know about the correlation between psychological capital with 100 meter sprinter athlete individual performance. The research subjects are 54 athletes on the 100 m individual sprint. They had joined the *Jatim* (East Java) Open by the year 2013. The adapted Psychological Capital Questionnaire by Luthans, et al. (2007) and secondary data are the instruments of data collection. The product moment method are utilized for statistic analyzing.

This research revealed that the significant correlation between psychological capital and athlete's performance. Data analysis report showed 0,473. Another word, psychological capital variable influence the individual performance on 100 meters sprint. Those variable influenced 47,3% of the athlete's performance. Based on this research, it is strongly recommended that the 100 meters sprint athletes must join the psychological coaching in order to develop their performance.

KEY WORDS

Psychological Capital, athlete's performance, individual 100 meters sprinters'

INTRODUCTION

According to Cox (2002), an athlete is a person who participates in sport competitions to get achievement, a person who does physical exercise to get strength, stamina, speed, agility and balance to prepare long before the competition begins. 100 meters sprinter is an athlete who compete in 100 meters running individually.

According to Malisoux et al. (2006), the performance of sprinters is influenced by physical, technical, tactical, and psychological factors. Theoritically, with better physical, technical, tactical, and psychological readiness, the sprinter will get better accomplishment. Physical condition is one of the fundamental factor that ascertain the athlete's accomplishment (Bompa & Haff, 2009). However, beside the physical, technical and tactical readiness, the psychological factor is also very important. In a high level competition, the victory is often determined by psychological factor, mostly when the competing sprinters have the same proficiency (Malisoux, 2006).

Psychological capital (PsyCap) is "an individual's positive psychological state of development that is characterized by: (1) having confidence (self-efficacy) to take on and put

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in the necessary effort to succeed at challenging tasks; (2) making a positive attribution (optimism) about succeeding now and in the future; (3) persevering toward goals and, when necessary, redirecting paths to goals (hope) in order to succeed; and (4) when beset by problems and adversity, sustaining and bouncing back and even beyond (resilience) to attain success" (Luthans, Youssef, & Avolio, 2007).

To date, performance has been the most researched outcome variable in research on PsyCap. This has included multiple types of performance (e.g., creative tasks, sales, referrals, quality and quantity of manufacturing, supervisor rated) and multiple sample characteristics (e.g., cross-sectional, service, manufacturing, and the highly educated). In each case, the theoretical position consistently advanced is that the mechanisms in the components of PsyCap act as individual motivational propensities and effort to succeed resulting in increasing performance output. To understand this effect on performance in a broader context, research has pointed to Campbell and colleagues (Campbell, McCloy, Oppler, & Sager, 1993), who proposed a comprehensive model of performance in which there are eight dimensions of predictors. These include: (1) job-specific task proficiency, (2) non-job-specific task proficiency, (3) written and oral communications, (4) demonstrating effort, (5) maintaining personal discipline, (6) facilitating peer and team performance, (7) supervision/leadership, and (8) management/administration. In this case, PsyCap relates to employee performance mainly through the dimension of demonstrating effort. That is, overall, when employees try harder to succeed, they generally perform better. While motivated effort is not the only predictor of performance, Campbell and colleagues (1993) argue it is a very important predictor. Individuals higher in PsyCap are likely to be energized and put forth effort that is manifested in higher performance over extended periods of time. This is because those higher in efficacy apply effort toward goals they personally believe they are capable of achieving. Further, they have willpower and generate multiple solutions to problems (hope), make internal attributions and have positive expectations about results (optimism), and respond positively and persevere in the face of adversity and setbacks (resilience). Overall, PsyCap should facilitate the motivation for intentional, agentic behavior toward successfully accomplishing goals and tasks leading to better performance than those lower in PsyCap. Thus, the study to explore correlation of individual 100 meters sprinters' with their performance.

METHODS

Participants

The Subject of research are 54 athletes on the 100 m individual sprint who had joined the *Jatim* (East Java) Open 2013

Instrument

Adapted Psychological Capital Questionnaire by Luthans, et al. (2007)

RESULT AND DISCUSSION

This research is able to give empirical proof that there is a relationship between PsyCap and individual 100 meters sprinters' performance. The result showed that hope, efficacy, optimism, and reliance have correlation with sprinters' performance. 100 meters sprinters' accomplishment is a manifestation of a series of proper understanding towards

what has to be done, the appropriate skill needed and proficiency to efficiently apply the solution during the competition (Jones, 2002 dan Raglin, 2001).

Hope has positive effect on 100 meters sprinters' accomplishment. A high hope sprinter is one who proactively generates one or more pathways to goal accomplishment in a given situation. When those with advanced pathways thinking are executing a given pathway (e.g., progressing toward a goal competition) and it becomes blocked (e.g., a technical breakdown), they show the capacity to launch into predetermined alternative pathways to continue toward goal accomplishment.

The result shows that efficacy has positive influence on sprinters' accomplishment. Craft et al. (2003), and Luthan et al. (2007) also said that efficacy influenced athlete's performance. Through symbolizing 100 meters individual sprinter able to predict what action has to be done to reach optimum accomplishment. According to Bandura (1997) is one of the important personality aspects in daily activities. Self confidence can make someone behave appropriately to reach desired result.

This result shows that resilience has positive correlation with sprinter' performance. The resilience is refers to a class of phenomena characterized by patterns of positive adaptation in the context of significant adversity or risk, which enables individuals to bounce back quickly and effectively from adverse events (Masten & Reed, 2002).

A sprinter needs a resilience to reduce negative emotion and tension appeared from many situation in a competition. This ability can help the sprinter to control emotion from various situations, either internal or external. In a competition, a good emotional regulation will effect the sprinter's movement.

This research proves that optimism has significant influence on 100 meters individual sprinter's accomplishment. When sprinters have this positive expectancy, they will continue to put forth effort even in the face of increasing adversity.

Based on the reseach, we can conclude that PsyCap (hope, efficacy, resilience, and optimism) effect the 100 meters individual sprinters' accomplishment. A sprinter who has high PsyCap ability in a competition, will be able to perform his movement accurately and effectively, which results in optimal accomplishment.

According to the result of this research, there are several suggestions :

1. For the Indonesian Official Athletic Organization which shelters 100 meters individual sprinters. Training programs for 100 meters individual sprinters should be based on integrated psychological factor, through :
 - a. The use of PsyCap factor as construct measurement to identify athlete's ability (to complete physical factor) in the beginning of training intensification.
 - b. To place athletes into groups based on PsyCap factor, to design and recommend appropriate psychological skill for the athletes.
 - c. Evaluate the competence of PsyCap factor to complete physical parameters before and during competition.
2. Training program for sprinters which is based on PsyCap aspects need to be done to complete physical exercise, nutritious intake, to otmimize the sprinter's accomplishment. The recommended program is emotional regulation training.
3. Sprinters should understand PsyCap factors which have influence towards target accomplishment and increase the psychological factors through appropriate training programs.
4. For the next researchers :
 - a. This research used adapted PsyCap Questionare from Luthan et al (2007) which is evaluated to get PsyCap factor data from subject. It is possible that the measurement

has limitations, so another approach such as self report is needed to complete the data directly from the another person.

- b. The use of PsyCap can be research to another sample cluster, such as to test PsyCap of junior 100 meters individual sprinters.

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